

Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead



Researcher and thought leader Dr. Brene Brown offers a powerful new vision that encourages us to dare greatly: to embrace vulnerability and imperfection, to live wholeheartedly, and to courageously engage in our lives. It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly...who at best knows in the end the triumph of high achievement, and who at worst, if he fails, at least fails while daring greatly. -Theodore Roosevelt Every day we experience the uncertainty, risks, and emotional exposure that define what it means to be vulnerable, or to dare greatly. Whether the arena is a new relationship, an important meeting, our creative process, or a difficult family conversation, we must find the courage to walk into vulnerability and engage with our whole hearts. In Daring Greatly, Dr. Brown challenges everything we think we know about vulnerability. Based on 12 years of research, her book argues that vulnerability is not weakness but rather our clearest path to courage, engagement, and meaningful connection. The book that Dr. Brown's many fans have been waiting for, Daring Greatly will spark a new spirit of truth and trust in our organizations, families, schools, and communities. Brene Brown, PhD, LMSW, is a research professor at the University of Houston Graduate College of Social Work. A nationally renowned teacher and speaker, she is also the author of *The Gifts of Imperfection* and *I Thought It Was Just Me (But It Isn't)*. Her groundbreaking work has been featured widely in the media, including PBS and NPR.

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